

# Béchamel Sauce

Makes: approximately 2 cups

## Equipment:



two saucepans



wooden spoon



metric measuring  
cups



metric measuring  
spoons



large spoon



flat grater

## Ingredients:



2 cups reduced-fat  
or regular milk



2 tablespoons  
butter



4 tablespoons  
flour



salt



freshly ground pepper



nutmeg, for grating

## What to do:



Turn the stove on to medium heat.



Put the milk in the saucepan over the heat.



Heat the milk until wisps of steam start to show near the surface.

Turn off the heat before the milk boils.



Turn another burner on to the lowest heat. Place another saucepan over the heat, then add the butter.



The butter will melt, then begin to foam.



When the butter is foaming, add the flour. Stir the flour into the butter with the wooden spoon.



Continue stirring for 1 minute without stopping. This is called making a 'roux'.



Turn off the heat. Add one large spoonful of hot milk, and stir it in well with the wooden spoon. Keep adding more tablespoons of milk and stirring.



After you have added 10 tablespoons of milk, pour in small amounts directly from the saucepan.

You need to keep stirring to stop lumps forming.



Add salt and pepper to taste, and a grating of nutmeg.



Place the sauce back over low heat and simmer for about 2 minutes, stirring constantly, until it thickens.

Turn off the heat. Your sauce is ready to use. You can use béchamel sauce in lasagne and other baked dishes, or to make a cheese sauce.